

Running Medicine Wellness Grant Program

This grant program is offered by the Native Health Initiative and our Running Medicine program. It is meant to support efforts in Indigenous communities to promote a culture of wellness. We are specifically interested in supporting

* Efforts that integrate fitness/exercise programs with the cultures, languages, and the traditions of our Indigenous communities.
* Programs/events that are using fitness/exercise to address addiction, historical trauma and other health issues facing Indigenous communities

Grants will range from $100-$300 and will be awarded on a rolling basis

Grants must be submitted to Anthony Fleg ([afleg@salud.unm.edu](mailto:afleg@salud.unm.edu)) at least 1 month prior to the event/program in order to be considered

**Please describe your program/event**

**What specific goals do you have for this event and how it will help promote a culture of wellness in your community?**

**How can NHI support this event/program to be successful beyond the monetary funding?**

**Funding questions:**

* **What is the total budget for your event/program**
* **What are your current income sources to support this event?**
* **What amount are you requesting of NHI?**

*Background: Running Medicine was launched in March 2016 in Albuquerque, aiming to bring families and communities together through running/walking. Running Medicine is based on the understanding that running and exercise is a beautiful and potent medicine for mind, body, and spirit. Formed as a program of the Native Health Initiative (NHI), our vision is to create a culture of wellness through a supportive, loving community.*

